

FEBRUARY 2022

Live well. Age well.

THE SOURCE

COUNCIL on AGING

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Image: CDC, 01/2022

February is American Heart Month

#OurHearts

are healthier with self-care

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart.

Try these simple self-care ideas, such as:

- Taking a moment to de-stress.
- Giving yourself time to move more.
- Preparing healthier meals.
- Getting quality sleep.

These acts can all benefit your heart.
Connect with others to make these efforts more successful.

#OurHearts

are healthier together



NIH National Heart, Lung, and Blood Institute



For more information go to:

NIH National Heart, Lung, and Blood Institute



American Heart Association



Stress less for Heart Health

By: Candice Lewis, BSN, CWCN, COCN, CFCN

According to The American Institute of Stress, 77 percent of people develop physical symptoms as a result of stress. Stress increases cortisol levels, a steroid hormone that normalizes salt and water intake, inflammation, sleep, heart rate and blood pressure. When stress is persistent, a person may experience lack of sleep, an increase heart rate, blood clots, high cholesterol levels and high blood pressure. It ultimately places a person at risk for a myocardial infarction (heart attack) and heart disease.

- Stress is inevitable, but the key factor is control.
- Control stress to avoid stress's control over you.
- To stress less for heart health, find coping skills to maintain a lifestyle that promotes a healthy heart.

Source: The American Institute of Stress

Just Breathe
Talk to Family or Friends
Meditate
Exercise
Eat Healthy
Avoid Cigarette Smoke
Journal
Take a Nap



Nutrition Corner

Delicious Heart Healthy Eating



Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The National Heart, Lung, and Blood Institute (NHLBI) website features more than 100 recipes. Along with heart healthy recipes from cuisines around the world, there's plenty of information about food shopping, cooking, and eating healthfully for the entire family. Staying healthy can be a challenge, but lifestyle changes like making the move to heart healthy eating can help lower your risk for heart disease and other conditions.

Our Recipe for Success

Healthy: These recipes use lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, small amounts of vegetable oil, and lots of herbs and spices for flavor. Recipes are also limited in saturated fat, trans fat, cholesterol, and sodium. When it comes to eating healthy, portion size also matters. The Keep the Beat recipes are designed to provide a satisfying portion, while helping people stay within their calorie limits.

Simple: Many of the main-dish meals take no more than 40 minutes to prepare and cook. Side dishes cook in 30 minutes or less. Ingredients are limited and found in most major grocery stores. Most dishes will appeal to children and adults alike.

Delicious: A Culinary Institute of America-trained chef and a James Beard Foundation award-winning registered dietitian created most of the recipes exclusively for the NHLBI. These recipes are featured in two cookbooks, *Keep the Beat Recipes: Deliciously Healthy Dinners* and *Keep the Beat Recipes: Deliciously Healthy Family Meals*. The remaining recipes come from other popular NHLBI cookbooks—*Keep the Beat Heart Healthy Recipes* from the NHLBI, *Heart Healthy Home Cooking African American Style*, and *Delicious Heart Healthy Latino Recipes*.

Click the link below to check out the NHLBI's recipe homepage.

[NHLBI Deliciously Healthy Eating Recipes \(nih.gov\)](https://www.nhlbi.nih.gov/recipes)

OLDER DRIVER SAFETY AWARENESS

Age-related changes may undermine your driving ability.

Understanding how changes that are a part of normal aging, as well as any medical conditions you have, affect your driving allows you to make informed decisions about continuing to drive. By accurately assessing these changes, you may be able to adjust your driving habits to remain safe on the road or choose other kinds of transportation.

Stay safe while driving by adjusting your seat and mirrors properly, knowing how to use your vehicle's driver assistance features, and making sure your vehicle is properly maintained. You can also explore how to adapt a vehicle to meet your specific needs.

For Friends and Family Members.

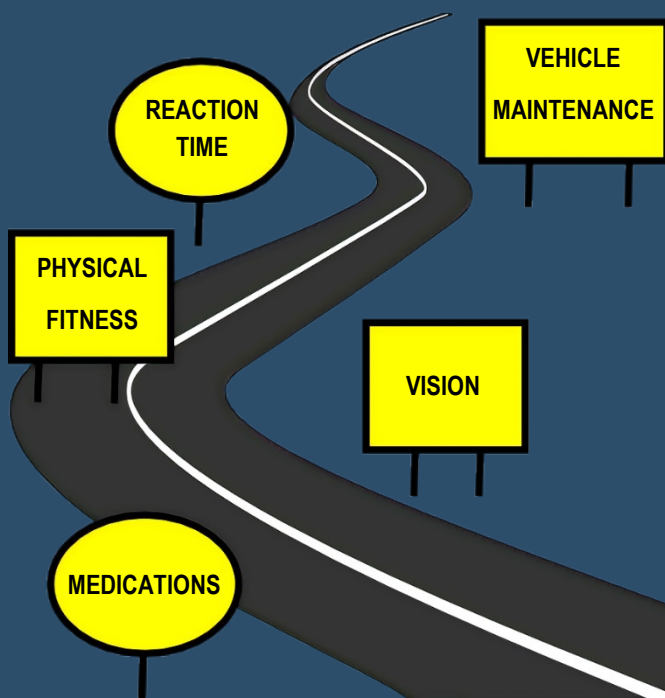
Talking with an older person about their driving is often difficult. Most of us delay that talk until we believe that the person's driving has become dangerous. Such conversations can be awkward for everyone involved, but there are ways to make the conversations more productive. If you decide to initiate a conversation with an older adult about their ability to drive safely, consider taking these three steps:

- **Collect information.** Note specific concerns about the person's driving, and about their ability to carry out routine non-driving tasks such as cooking or yard work, as changes in the ability to do such tasks may indicate declines that affect driving as well.
- **Develop a plan** to (a) convey your concerns to the driver, (b) assist the driver to identify strategies to avoid unmanageable driving contexts, and (c) show them how to access and use alternative transportation options to maintain their mobility without driving.
- **Follow through on the plan.**

If you are concerned about an older driver, the Kansas Department of Revenue accepts "Letters of Concern" from courts, exam stations, law enforcement, family members, the medical community, and concerned citizens. Click the link for frequently asked questions: [Kansas Department of Revenue Division of Vehicles - Medical / Vision Frequently Asked Questions \(ksrevenue.gov\)](https://ksrevenue.gov/vehicles-medical-vision-frequently-asked-questions)



Source: Kansas Traffic Safety Resource Office



For more information, go to:

National Highway Traffic Safety Administration at www.nhtsa.gov/road-safety/older-drivers

Kansas Traffic Safety Resource Office at [Older Drivers \(ktsro.org\)](http://OlderDrivers(ktsro.org))



Tax services will be offered February 1 through March 31, 2022 from 9:00 am - 3:00 pm by appointment at the following locations:

- Council on Aging, Leavenworth, KS
Mondays/Tuesdays/Wednesdays/Thursdays/Fridays
- Basehor Library
February 22th, March 3th, March 15th
- Linwood Library
February 24th, March 24rd
- Tonganoxie Library
February 8th, February 17th, March 1st
- Easton
March 8 (9:00 am to 12:00 pm)

The Council on Aging will be providing free tax service for participants, age 60 and over who have no farm or rental income. Other income restrictions may apply. Retirees are welcome.

Call Dawn or Marla at 913.684.0777 to reserve your appointment time today!



2021 Silver Haired Legislature Committee Action Report

Kansas Silver Haired Legislature (SHL) members advocate for older adults and provide a voice for the older community at the state and federal level. The Silver Haired Legislature (SHL) met virtually on November 16, 2021 for its Annual Session. The following seven issues passed by the delegates are:

Bill 3901: Expansion of Medicaid in Kansas.

Resolution 3902: A resolution supporting wireless broadband access for all senior Kansans, including the training and assistance for use of the wireless internet.

Resolution 3903: A resolution urging the Legislature and the Governor of the State of Kansas to fully fund all KPERS obligations, to stop delaying KPERS employer contribution payments and to fund a cost-of-living adjustment for retired members of KPERS.

Resolution 3904: a resolution urging the Legislature of the State of Kansas to continue supporting and funding collaborative community-based transportation for senior citizens.

Bill 3905: A resolution urging the Legislature of the State of Kansas to support 2021 Senate Bill No.76, or similar legislation, during the 2022 regular session to provide property tax relief for certain senior citizens and allow these individuals to maintain their standard of living amidst continually rising property taxes.

Resolution 3906: A resolution urging the Legislature of the State of Kansas to legalize the expanded medical use of cannabis.

Resolution 3907: A resolution urging the Legislature and the Governor of the State of Kansas to continue to protect grandparent rights, especially when considering the placement, legal guardianship and adoption of grandchildren who are in need of care, and to allow more grandparents in the raising of their grandchildren in Kansas. The resolution includes lowering the age of qualifying grandparents from 50 to 40 as well as provisions for reimbursement of grandparents similar to what foster parents receive.

These issues represent the culmination of the KSHL delegates work that started in April 2021 when 11 KSHL area delegation developed their lists of legislative priorities of concern of Older Kansans. In July, the KSHL Executive Board and delegates met, reviewed and discussed the 64 submitted issues and distilled them in to the seven issues that were discussed and voted to be carried forward.

The Kansas Silver Haired Legislature is composed of 125 representatives. All are over 60 and are elected from their county of residence. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens.

The SHL develops Bills and Resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

Council on Aging's Monthly Support Groups

GRIEF SUPPORT GROUP

First Monday of each month
10:30 - 11:30 am.
1830 S. Broadway, Leavenworth

The Grief Support Group is informal in nature. It is a time to share and work through the grieving process with others who have lost a loved one or are experiencing grief of any kind.

CAREGIVER SUPPORT GROUP

Second Wednesday of each month
1:00 - 2:30 p.m.
Florence Riford Senior Center
530 Bury Street, Tonganoxie

This group is for caregivers only. The purpose is to support all caregivers in their journey to provide support and care to their loved ones. If you are the primary caregiver for a loved one, this group is for you.

DEMENTIA CAREGIVER SUPPORT GROUP

Fourth Wednesday of each month
10:30 – 11:30 a.m.
1830 S Broadway, Leavenworth

This support group is to provide dementia caregivers a safe place to share their experiences, thoughts, and feelings with people going through similar situations.

If you would like more information about any of our support groups, call 913-684-0777.



Around Emily's Kitchen Table

Join Emily as she shares hints and ideas for fresh twists to some of your favorite recipes. Her degree in Food Science and love of cooking will inspire you to add to your recipe box!



Green Bean Salad

Serves: 4
Prep Time: 10 min.
Chilling Time: 30 min.

INGREDIENTS:

1 bag frozen steamer green beans
½ c. finely chopped red onion
2 T. balsamic vinegar
4 T. extra virgin olive oil
¾ c. fresh basil leaves, chopped
¾ c. grated parmesan cheese
1 tsp. salt
1 tsp. ground black pepper

INSTRUCTIONS:

Soak the onions in a small bowl of cold water. Steam green beans in microwave according to package directions. In a medium bowl, mix green beans, drained onions, and basil. Sprinkle with balsamic vinegar, olive oil, parmesan, salt and pepper. Toss to coat. Chill until ready to serve.

Enjoy!

**Let's
Get
Moving!**

With exercise classes at the Council on Aging! There is no fee for participating, and you can join anytime. Unless otherwise noted, classes are open to those 50 and older. For more information, please call 913.684.0777.

Vita Band
Mondays
8:30 - 9:30am

Move It or Lose It
Mondays & Wednesdays
9:30 - 10:00am

Chair-side Exercise
Wednesdays
8:30 - 9:30am



For our full events and activities calendar, go to our homepage @ [Council on Aging \(leavenworthcounty.gov\)](http://Council on Aging (leavenworthcounty.gov))



To be added to our email distribution list, please contact us @ seniors1st@leavenworthcounty.gov

MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.

MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week? (late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

Leavenworth County Council on Aging

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Aging Resources

Adult Protective Services.....1.800.922.5330

Emergency Respite:

Country Care......913.773.5517

Medical Lodge.....913.772.1844

Guidance Center.....913.682.5118

Kansas Aging and Disability Resource Center.....855.200.2372

Leavenworth County Health Department
.....913.250.2000

Medicare 1.800.633.4227

Poison Control Center.....1.800.222.1222

Property Fraud Alert Hotline....1.800.728.3858

Social Security Office1.800.772.1213

Wyandotte Area Agency on Aging
..... 913.573.8531

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hair-dresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.